



Kodachrome, courtesy of R.C.A.F.

*Bow Valley from the Terrace
Banff Springs Hotel
Canadian Rockies*



Table d'Hote Dinners

\$1.00

	Puree Mongol or Tomato Juice	
	Grilled or Pan Fried Fresh Fish	
Boiled Potatoes		Mashed Potatoes
Fresh Spinach		Creamed Carrots
Pie	Steamed Fruit Pudding, Custard Sauce	Grapefruit Hearts a la Grenadine
	Ice Cream with Cake	
Vitamin "B" White and Brown Bread		Rolls

\$1.25

	Celery, Olives and Radishes	
	Puree Mongol or Tomato Juice	
Grilled Lamb Chops		Roast Ribs of Beef, Pan Gravy
	Roast Turkey with Dressing, Cranberry Sauce	
Boiled Potatoes		Mashed Potatoes
Fresh Spinach		Creamed Carrots
Pie	Steamed Fruit Pudding, Custard Sauce	Grapefruit Hearts a la Grenadine
	Ice Cream with Cake	Canadian Cheese with Biscuits
Vitamin "B" White and Brown Bread		Rolls
"The following beverages may be ordered for additional charge of five cents."		
Instant Postum	Tea	Coffee
	Milk	Buttermilk
		Cocoa

A. LA CARTE SUGGESTIONS

RELISHES		
Chow Chow, 15	Queen Olives, 20	Celery, 20
SOUP, (Cup) 15, (Tureen) 25 (See Table d'Hote Menu)		
FISH (Fried or Grilled), 50		
CHOPS, STEAKS, ETC.		
Sirloin Steak, 1.25	Sausages, 40	Small Sirloin Steak, 1.00
Lamb Chops (one) 30, (two) 55	Bacon (3 strips) 30, 5 (strips) 50	Bacon with Eggs, 55
Ham (½ cut) with 1 Egg 45, with 2 Eggs, 55	Broiled Ham (½ cut) 35, (full cut) 50	
EGGS OR OMELETS		
Boiled (One) 15, (Two) 25	Fried (One) 15, (Two) 25	Scrambled, 30
Shirred, 35	Poached on Toast (One) 20, (Two) 35	
Omelets:—Plain, 30	Jelly, Cheese or Parsley, 40	
VEGETABLES		
Sugar Corn, 15	Boiled or Mashed Potatoes, 15	
	Wax Beans, 15	Green Peas, 15
COLD DISHES		
Domestic Sardines, 25	Chicken, 55	Tongue, 50
	(With Potato Salad 10 cents extra)	
SALADS--WITH FRENCH OR MAYONNAISE DRESSING		
Chicken, 50	Combination, 40	Lettuce and Tomato, 35
DESSERT		
Pie, 15	Pudding, 20	Half Grapefruit, 20
		Ice Cream, 15, with Cake, 20
BREAD OR ROLLS		
Muffins, 10	Toast, 10	Vitamin "B" White and Brown Bread, 10
		Rolls, 10
CANADIAN CHEESE WITH BISCUITS, 25		
TEA, COFFEE, ETC.		
Coffee, Cup, 10	Tea, Pot, 20	Cocoa, Pot, 20
Instant Postum, 20	Malted Milk, 20	Individual Bottle Milk, 15

● Half portions served at half price to children under 12 years of age if ordered on special meal check.

"No check issued for less than twenty-five cents per person."

Waiters are not allowed to serve verbal orders.

Passengers will kindly write their orders on meal check.

T. M. McKeown, Manager, Sleeping, Dining and Parlor Cars, Montreal.

(505-7-8—21)

Take p
of your chang
Savings S

EVERY CENT C
EVERY STAM
TOWARDS V

The Steward
For Sa



BEVERAGES, CIGARS AND CIGARETTES

GINGER ALE, Etc.

	GLASS	SPLIT	PINT
ORANGEADE.....	.20		
LEMONADE, PLAIN.....	.20		
SODA LEMONADE.....	.30		
GINGER ALE15	.25
GINGER BEER.....			.15

TABLE WATERS

MINERAL WATERS20	.35
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SODA, SELTZER, Etc.

CLUB SODA15	.20
BROMO SELTZER.....	.15	
ALKA SELTZER.....	.15	

CIGARS and CIGARETTES

DOMESTIC CIGARS.....	.11, 2 FOR .27.	.16.	.26
	PLUS PROV. TAX		
CIGARETTES.....	.25, .30	PLUS FED. AND PROV. TAXES	

Take part
in change in War
Savings Stamps

PERCENT COUNTS—
STAMP HELPS
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For Sale.

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Wherever you go from the Atlantic to the Pacific—in important cities—in Canada's most attractive resorts—you will find the preferred hostelry is one of the Canadian Pacific's fine hotels. Dignity—charm—convenience—delicious meals—spacious public rooms—comfortable guest rooms—Canadian Pacific service—you will enjoy them all at moderate rates when you stay at a Canadian Pacific hotel.

In the Canadian Rockies

Banff, Alberta—BANFF SPRINGS HOTEL—in the heart of Banff National Park. Mile-high golf, swimming, hot sulphur springs, tennis, fishing, boating, Alpine climbing, riding and hiking. Open summer months. European Plan. Outstanding attractions each summer include in normal years: Indian Days at Banff, Annual Trail Ride, Sky Line Hikers Camp, Banff Golf Week and the Banff School of Fine Arts. July 26 to August 26. (Not open for 1944 season.)

Lake Louise, Alberta—CHATEAU LAKE LOUISE—Facing an exquisite Alpine lake in Banff National Park. Mountain climbing with Swiss guides, pony trips, swimming, tennis, boating, fishing in neighboring waters and motoring to the Columbia Icefield. Open Summer months. European Plan. (Not open for 1944 season.)

Field, B.C.—EMERALD LAKE CHALET—Situated near Field, B.C., at the foot of Mount Burgess in picturesque Yoho National Park. Roads and trails to Yoho Valley, Burgess Pass, etc. Boating and fishing. Open summer months. American Plan. (Not open for 1944 season.)

On the Pacific Coast

Victoria, B.C.—EMPRESS HOTEL—A charming hotel in Canada's Evergreen Playground, which by its equable climate has become a favorite summer and winter resort. Yachting, fishing, hunting and year-round golf. Crystal Garden for swimming and music. Open all year. European Plan.

Vancouver, B.C.—HOTEL VANCOUVER—This spacious modern hotel is operated by the Vancouver Hotel Company on behalf of the Canadian Pacific and Canadian National Railways. Open all year. European Plan.

On the Prairies

Calgary, Alberta—HOTEL PALLISER—A handsome hotel of metropolitan standard. Open all year. European Plan. The Calgary Stampede is a feature event each summer.

Regina, Sask.—HOTEL SASKATCHEWAN—In the capital of the Province of Saskatchewan. Golf and other recreations. Open all year. European Plan.

Winnipeg, Man.—THE ROYAL ALEXANDRA—A popular hotel in the capital of the Province of Manitoba, and the centre of Winnipeg's social life. Open all year. European Plan.

In Eastern Canada

Toronto, Ont.—THE ROYAL YORK—Largest hotel in the British Empire and the ideal Convention headquarters. Open all year. European Plan.

Quebec, Que.—CHATEAU FRONTENAC—A metropolitan hotel in one of the most historic and romantic cities of North America. Open all year. European Plan. Winter sports headquarters. Instruction in the Parallel skiing technique at nearby Lac Beauport Snow Bowl.

McAdam, N.B.—McADAM HOTEL—A commercial and sportsman's hotel. Open all year. American Plan.

St. Andrews-by-the-Sea, N.B.—THE ALGONQUIN—A holiday colony. The social centre of New Brunswick's most popular seashore summer resort. Golf, sea bathing, boating, tennis. Open Summer months. American Plan. (Not open for 1944 season.)

Digby, N.S.—DIGBY PINES—Like an English country estate. Golf, tennis, fishing, swimming pool. Open Summer months. American Plan. (Not open for 1944 season.)

Kentville, N.S.—THE CORNWALLIS INN—Suited equally to the tourist and business man. Centre for excursions to Evangeline Land. Open all year. American Plan.

Yarmouth, N.S.—LAKESIDE INN—Designed in attractive bungalow style. Golf and tuna fishing. Open summer months. American Plan. (Not open for 1944 season.)

Halifax, N.S.—LORD NELSON—A charming hotel facing the public gardens in the capital of Nova Scotia. Open all year. European Plan. (Operated by Lord Nelson Hotel Co.)

Canadian Pacific Lodges in the Rockies and at Ontario Fishing Resorts.

French River, Ont.	French River Chalet-Bungalow Camp
Kenora, Ont.	Devil's Gap Lodge
Moraine Lake, Alta.	*Moraine Lake Lodge
Hector, B.C.	*Lake O'Hara Lodge
Hector, B.C.	*Lake Wapta Lodge
Field, B.C.	*Yoho Valley Lodge

(*Not open for 1944 season)

For further information and reservations apply to hotel managers, or nearest Canadian Pacific representative. The sleeping-car conductor will be pleased to wire ahead, without charge, to any of the Company's hotels for your reservations.

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